

Table 10.3: Participants Meeting Specific Stopping Criteria for Seated Step Test (N=504)¹

Stopping Criterion	Number	Percent
Symptoms:		
Chest pain	2	0.4
Lightheaded or dizzy	0	0.0
Short of breath	18	3.6
Leg pain	5	1.0
On examination:		
Diastolic BP > 110 mmHg or systolic BP > 200 mmHg	13	2.6
Diastolic BP < 60 mmHg or systolic BP < 90 mmHg	0	0.0
O ₂ saturation ≤ 80%	0	0.0
Heart rate exceeds 75% of predicted maximum ²	48	9.5
From ECG rhythm strip:		
Wide QRS ≥ 120 m sec	1	0.2
Ventricular arrhythmias: ≥ 3 premature ventricular contractions per 30 seconds	7	1.4
ST depression exceeding 1 mm measured 2 mm past end of QRS	1	0.2
Borg perceived exertion scale ≥ 8	143	28.4
Participant says she cannot continue	210	41.7
Participant says she is too tired	2	0.4
Participant reports pain	18	3.6
Participant unable to lift leg	16	3.2
Other	18	3.6
Unknown	2	0.4
Total participants who stopped before test end	504	93.9 ³

(Women's Health and Aging Study, physical assessment, 1992-1995)

¹ Results are based on unweighted data.

² .75(200-age).

³ Percent based on number of participants who started the test (N=537).